

<p style="text-align: center;">CITY OF ROCKY MOUNT PARKS AND RECREATION SUMMER DAY CAMP Teen Camp – RMA Campus</p>

Team Building

Week 1: June 11 – June 15

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>9:00am – 10:00am</u>	<u>9:00am – 10:00am</u>	<u>9:00am – 10:00am</u>	<u>9:00am – 10:00am</u>	<u>9:00am – 10:00am</u>
SDC Orientation	Morning exercise	Morning exercise	Morning exercise	Morning exercise
<u>10:00am – 12:00pm</u>	<u>10:00am – 12:00pm</u>	<u>10:00am – 12:00pm</u>	<u>10:00am – 12:00pm</u>	<u>10:00am – 12:00pm</u>
Structured Free Time Take this time to get to know each other at the camp!	Sunset Park for Sand Volleyball and Basketball	Structured Free Time	Games @ Booker T. Washington Community Center	Structured Free Time
<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>
Bring Bag Lunch	Bring Bag Lunch	Pizza Inn \$8.00 Includes: Tea, Buffet, Tip and Tax	Bring Bag Lunch	Bring Bag Lunch
<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:30pm</u>	<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:00pm</u>	<u>1:00pm – 2:30pm</u>
Icebreakers and Team Building Activities	Outside games and activities	Kickball for Team Building Games Camp Vs. Staff Inside Games and Activities	Basketball Game for Team Building Camp Vs. Staff Inside Games and Activities	Structured Free Time <u>2:30 pm – 4:30pm</u> Men in Black 3 – 3D Cost \$6.50 Premier Theaters
<u>4:00pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>
Structure free time	Team Building Activities	Structured free time	Structured free time	Structured free time
<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>
Pickup	Pickup	Pickup	Pickup	Pickup

**All trips are subject to change*

**Please bring correct change for all trips*

**Closed toe shoes are required daily and shorts are recommended*

**Schedules can be viewed at <http://www.rockymountnc.gov/parks/>*

For additional information please contact camp director or call 252-467-4925

CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen Camp – RMA Campus

Rocky Mount Activities Week
Week 2: June 18 – June 22

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>9:00am – 10:00am</u>	<u>9:00am – 10:00am</u>	<u>9:00am – 4:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:00am – 10:30am</u>
Morning exercise	Morning exercise	TUCKER LAKE	Movie at BTW Theater	Morning exercise
<u>10:00am – 12:00pm</u>	<u>10:00am – 12:00pm</u>	IN	**Movie TBD**	<u>10:00am – 12:00pm</u>
Swimming at Denton Street Pool	Swimming at Denton Street Pool	BENSON, NC!!		Swimming at Denton Street Pool
Bathing suit and towel required	*Bathing suit and towel required*	\$10.00 Per Camper		*Bathing suit and towel required*
<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	This will be a beach like setting only a short distance away!	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>
Lunch	Lunch	Bag Lunch will be provided	Lunch	Lunch
*Provided	*Provided		*Provided	*Provided
<u>1:00pm – 4:30pm</u>	<u>1:00pm – 4:30pm</u>		<u>1:00pm – 4:30pm</u>	<u>1:00pm – 2:00pm</u>
INDOOR PUTT PUTT	STAR CITY		Outside Games and Activities.	Go Over Atlanta, Ga Trip!!
IN	IN			
ROCKY MOUNT!! \$5.00	ROCKY MOUNT!! \$5.00			
<u>4:30pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	<u>2:00pm – 4:00pm</u>
Structured free time	Structured free time	Structured free time	Structured Free Time	Outside Games and Activities
				<u>4:00pm – 5:00pm</u>
				Structured free time
<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>
Pickup	Pickup	Pickup	Pickup	Pickup

**All trips are subject to change*

**Please bring correct change for all trips*

**Closed toe shoes are required daily and shorts are recommended*

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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen Camp – RMA Campus

4H - Explore, Lead, Discover
Week 3: June 25 – June 29

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 8:30am</u>	<u>7:30am – 8:30am</u>	<u>7:30am – 8:30am</u>	<u>7:30am – 8:00am</u>	<u>7:30am – 8:00am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>8:30am – 9:00am</u>	<u>8:30am – 9:00am</u>	<u>8:30am – 9:45am</u>	<u>8:00am – 8:15am</u>	<u>8:00am – 9:00am</u>
Leave Camp Site and Go to 4H Center	Leave Camp Site and Go to 4H Center	Leave Camp Site and Go to Raleigh, NC	Leave Camp Site and Go to 4H Center	Leave Camp Site and Go to Greenville, NC
<u>9:00am – 12:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:45am – 4:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:00am – 3:00pm</u>
Leadership/Financial Literacy at the Nash County Cooperative Extension Office	Nash County Administration Building – Nashville, NC	NC State Centennial Campus – Tour 3 Locations	Edgecombe Community College	Service Learning!!
	Tour	**Campus Café for Lunch**		Greenville, NC – NC Food Bank and Ronald McDonald House
<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>		<u>12:00pm – 1:00pm</u>	
Bag Lunch **Provided**	Lunch *Provided		Lunch *Provided	*Bag Lunch* **Provided**
<u>1:00pm – 3:00pm</u>	<u>1:00pm – 4:00pm</u>		<u>1:00pm – 4:00pm</u>	
Leadership/Financial Literacy at the Nash County Cooperative Extension Office	Outside Games and Activities		Outside Games and Activities	
<u>3:00pm – 5:00pm</u>				<u>3:00pm – 5:00pm</u>
Outside Games and Activities & Structured Free Time	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	Outside Games and Activities & Structured Free Time
	Structured Free Time	Structured Free Time	Structured Free Time	
<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>
Pickup	Pickup	Pickup	Pickup	Pickup

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**Please bring correct change for all trips*

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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen Camp – RMA Campus

Outdoor Recreation Week
Week 4: July 2 – July 6

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>6:00am – 5:00pm</u>	<u>7:30am – 9:00am</u>		<u>7:30am – 9:00am</u>	<u>6:30am – 7:00am</u>
	Sign in and structured free time		Sign in and structured free time	Sign in and structured free time
	<u>9:00am – 1:00pm</u>		<u>9:00am – 12:00pm</u>	<u>7:00am – 5:00pm</u>
NC MOUNTAIN TRIP!!	Canoeing Trip on the Tar River!		Low Ropes Course!!	Wet N Wild Emerald Point
<u>**Bag Lunch will be provided**</u>	<u>**Bag Lunch will be provided**</u>	<u>4th of July</u> <u>**NO CAMP**</u>	<u>12:00pm – 1:00pm</u> Lunch *Provided	
	<u>1:00pm – 4:00pm</u> Structured Free Time Outside Games and Activities!		<u>1:00pm – 4:00pm</u> Structured Free Time Outside Games and Activities!	
				Bag Lunch Provided
	<u>4:00pm – 5:00pm</u> Structured Free Time		<u>4:00pm – 5:00pm</u> Structured Free Time	
<u>5:00pm – 5:30pm</u> Pickup	<u>5:00pm – 5:30pm</u> Pickup		<u>5:00pm – 5:30pm</u> Pickup	<u>5:00pm – 5:30pm</u> Pickup

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**Please bring correct change for all trips*
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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
 Teen camp – RMA Campus

College Tour Week

Week 5: July 9 – July 13

Monday

7:30am – 8:30am

Sign in and structured
free time

8:30am – 5:00pm

**NC State
University**

*Bag Lunch
Provided*

Tuesday

7:30am – 8:30am

Sign in and structured
free time

8:30am – 5:00pm

**Duke
University**

*Bag Lunch
Provided*

Wednesday

7:00am – 9:00am

Sign in and
structured free time

9:00am – 12:00pm

**Fayetteville
State
University**

*Bag Lunch
Provided*

Thursday

7:30am – 9:00am

Sign in and structured
free time

9:00am – 12:00pm

**UNC
Chapel-Hill**

*Bag Lunch
Provided*

Friday

7:30am – 9:30am

Sign in and structured
free time

9:00am – 9:30am

Morning exercise

9:30am – 12:00pm

Swimming at Denton
Street Pool

*Bathing suit and
towel required*

12:00pm – 1:00pm

Lunch

***Provided**

1:00pm – 4:30pm

**Financial Aid with
Amy Denton**

4:30pm – 5:00pm

Structured Free Time

5:00pm – 5:30pm

Pickup

5:00pm – 5:30pm

Pickup

5:00pm – 5:30pm

Pickup

5:00pm – 5:30pm

Pickup

5:00pm – 5:30pm

Pickup

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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen camp – RMA Campus

Police Academy Week

Week 6: July 16– July 20

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 8:30am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:30am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>8:30am – 9:00am</u>	<u>9:00am – 10:30am</u>	<u>9:00am – 10:30am</u>	<u>9:00am – 10:30am</u>	<u>9:30am – 5:00pm</u>
Leave Camp Site and Arrive at Police Department	Teen Court & Mock Teen Court Trial	Crime Scene Investigation	Provisional DWI Graduated Licensing Laws	
<u>9:00am – 11:30am</u>	<u>10:30am – 12:00am</u>	<u>10:30am – 12:00am</u>	<u>10:30am – 12:00am</u>	
Introductions Icebreakers Police Department Structure Police Department Tour	Fountain Correctional Center Think Smart Presenters	Mock CSI	Fatal Vision Driving Course	Kings Dominion
<u>11:30am – 12:00pm</u>	<u>11:30am – 12:00pm</u>	<u>11:30am – 12:00pm</u>	<u>11:30am – 12:00pm</u>	\$50.00
Depart for Lunch Site	Depart for Lunch Site	Depart for Lunch Site	Depart for Lunch Site	*Bag Lunch Provided*
<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	
Lunch *Provided	Lunch *Provided	Lunch *Provided	Lunch *Provided	
<u>1:00pm – 2:30pm</u>	<u>1:00pm – 1:30pm</u>	<u>1:00pm – 1:30pm</u>	<u>1:00pm – 1:30pm</u>	
Leave Lunch Site and Arrive back at Police Department	Leave Lunch Site and Arrive back at Police Department	Leave Lunch Site and Arrive back at Police Department	Leave Lunch Site and Arrive back at Police Department	
<u>2:30pm – 4:00pm</u>	<u>2:30pm – 4:00pm</u>	<u>2:30pm – 4:00pm</u>	<u>2:30pm – 4:00pm</u>	
Juvenile Crimes & Youth Protection Ordinance	Anger Management & Confliction Resolution	Peer Pressure & Bullying Prevention	Drug Identification & Awareness	
<u>3:00pm – 4:30pm</u>	<u>3:00pm – 4:30pm</u>	<u>3:00pm – 4:30pm</u>	<u>3:00pm – 4:30pm</u>	
Video Screening, Crips and Bloods: Made in America	Respect & Dating Violence Prevention	Social Media Networking & Cyberbullying	Presentation of Certificates Cake/Ice Cream Social	
<u>4:30pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	<u>4:30pm – 5:00pm</u>	
Organized Activities and Structured free time	Organized Activities and Structured free time	Organized Activities and Structured free time	Organized Activities and Structured free time	
<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>
Pickup	Pickup	Pickup	Pickup	Pickup

**All trips are subject to change*

**Please bring correct change for all trips*

**Closed toe shoes are required daily and shorts are recommended*

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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen camp – RMA Campus

Entrepreneur & Arts Week
Week 7: July 23 – July 27

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>9:00am – 12:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:00am – 12:00pm</u>	<u>9:00am – 12:00pm</u>
Chamber of Commerce	Chamber of Commerce	Chamber of Commerce	Chamber of Commerce	Chamber of Commerce
<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>	<u>12:00pm – 1:00pm</u>
Lunch	Lunch	Lunch	Lunch	Lunch
*Provided	*Provided	*Provided	*Provided	*Provided
<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:00pm</u>	<u>1:00pm – 4:00pm</u>
Clay Animals with Engle Hicks	Painting and Drawing with Dazzala Knight!!	Painting and Drawing with Dazzala Knight!!	Wheel Throwing with Jennifer Rankin!!	Wheel Throwing with Jennifer Rankin!!
<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>	<u>4:00pm – 5:00pm</u>
<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>	<u>5:00pm – 5:30pm</u>
Pickup	Pickup	Pickup	Pickup	Pickup

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For additional information please contact camp director or call 252-822-2784

CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen Camp – v

Fire Academy

Week 8: July 30 – August 3

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>	<u>7:30am – 9:00am</u>
Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time	Sign in and structured free time
<u>9:00am – 10:00am</u>	<u>9:00am – 9:45pm</u>	<u>9:00am – 11:45am</u>	<u>9:00am – 11:45am</u>	<u>9:00am – 10:30pm</u>
Introductions and Program Expectations	Hiring Process	Fire Inspections, Fire Investigations, & Fire Extinguisher Training	CPR & First Aid Training	Set up and Practice for puppet show
<u>10:00-11:45am</u>	<u>9:45am-11:45am</u>			<u>10:30am - 11:45am</u>
Tour the Stations and meet Firefighters	Strength and Agility Test			Deliver Puppet Show to Visiting Daycare Students
<u>11:45am – 1:00pm</u>	<u>11:45am – 1:00pm</u>	<u>11:45am – 1:00pm</u>	<u>11:45pm – 1:00pm</u>	<u>11:45pm – 1:00pm</u>
Lunch	Lunch	Lunch	Lunch	Lunch
*Provided	*Provided	*Provided	*Provided	**Provided by RMFD**
<u>1:00pm – 4:30pm</u>	<u>1:00pm – 4:30pm</u>	<u>1:00pm – 4:30pm</u>	<u>1:00pm – 4:30pm</u>	<u>1:00pm – 1:30pm</u>
Day in the life of a firefighter & truck demo- (Ladder, engine, squad) PPE-SCBA	Fire & Life Safety Education	Search and Survival (Location to be Determined)	CPR & First Aid Training Cont.	Fire Explore Program
				<u>1:30pm – 4:30pm</u>
				Bucket Brigade, Games, etc.
<u>4:30pm – 5:30pm</u>	<u>4:30pm – 5:30pm</u>	<u>4:30pm – 5:30pm</u>	<u>4:30pm – 5:30pm</u>	<u>4:30pm – 5:30pm</u>
Structured free time and Pickup	Structured free time and Pickup	Structured free time and Pickup	Structured free time and Pickup	Structured free time and Pickup

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CITY OF ROCKY MOUNT
PARKS AND RECREATION SUMMER DAY CAMP
Teen Camp – RMA Campus

Atlanta, Ga Trip

Week 9: August 6 – August 10

Monday

Tuesday

Wednesday

Thursday

Friday

7:30am – 9:00am

7:30am – 9:00am

Sign in and structured
free time

Sign in and structured
free time

9:00am – 11:00am

9:00am – 11:00am

Morning exercise

Morning exercise

10:00am – 12:00pm

10:00am – 12:00pm

Swimming at Denton
Street Pool

Swimming at Denton
Street Pool

*Bathing suit and
towel required*

*Bathing suit and
towel required*

12:00pm – 1:00pm

12:00pm – 1:00pm

Lunch

Lunch

***Provided**

***Provided**

1:00pm – 4:00pm

1:00pm – 4:00pm

Outside Games and
Activities

Outside Games and
Activities

4:00pm – 5:00pm

4:00pm – 5:00pm

Structured Free Time

Structured Free Time

5:00pm – 5:30pm

5:00pm – 5:30pm

Pickup

Pickup END of
Summer Camp!

Atlanta, Ga

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